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rays three times a day for twenty minutes, rubbing the back gently and all your worry with bedsores will be over.

There are various arrangements which can be bought. We are familiar with the Simplex heater, a little stove which serves two purposes, as it keeps the room snug and warm when not being used for treatment. (The current is exposed, but the stove is perfectly safe if used carefully.) Another apparatus is composed of several electric lights in a tin case reaching the length of the spine. (This is used in the Battle Creek Sanitarium for nervous cases.) In families where every penny counts, a common electric light with a long cord and a shade will do admirably. It is hardly necessary to state that the patient's bed must be entirely free from moisture to get the best results.

EXERCISES FOR WEAK FEET

In the correction of weak-foot the thorough practice of personal hygiene all along the line is of great importance.

There are no mysterious foot powders that exert magic influence in keeping the feet in good condition. If the feet are bathed daily and properly cared for and well-fitting shoes and socks or stockings worn there would be no need for foot powders except in a limited number of cases of skin trouble or excessive perspiration. None of these powders contain marvelous curative virtues. They are for the most part composed of starch, or boric acid with a little salicylic acid added, ingredients which can be procured from any druggist for a few cents. Equal parts of starch powder and powdered salicylic acid form a useful dusting powder for offensive perspiration. Talcum powder with 10% boric acid and 3% salicylic acid forms a good foot powder.

The following exercises will be found most helpful in the prevention of cure of flat-foot:

Stand with the ball of the foot on the edge of a board or table, or similar structure, so that the toes may be bent freely downward. Bend the toes up and down over this edge, 30 times, twice daily.

While standing on a flat surface lift the toes 30 times.

Separate the toes 30 times by use of the foot and toe muscles. This may require some assistance with the hands until the trick is acquired.

Stand with the back to the wall, heels on the ground and against the wall. Raise the front of the foot as far as possible, 30 times.

Rest on the inner margins of the feet. Curl the toes inward and backward under the feet as far as possible, 30 times.

Stand erect and extend one leg 30 degrees forward and describe a circle in the air with the toes, working them from without inward.

Sit in a chair, and with the feet free from the floor, describe circles with the toes, working from without inward, carefully toeing in.— From the Monthly Health Letter, issued by The Life Extension Institute, Inc.